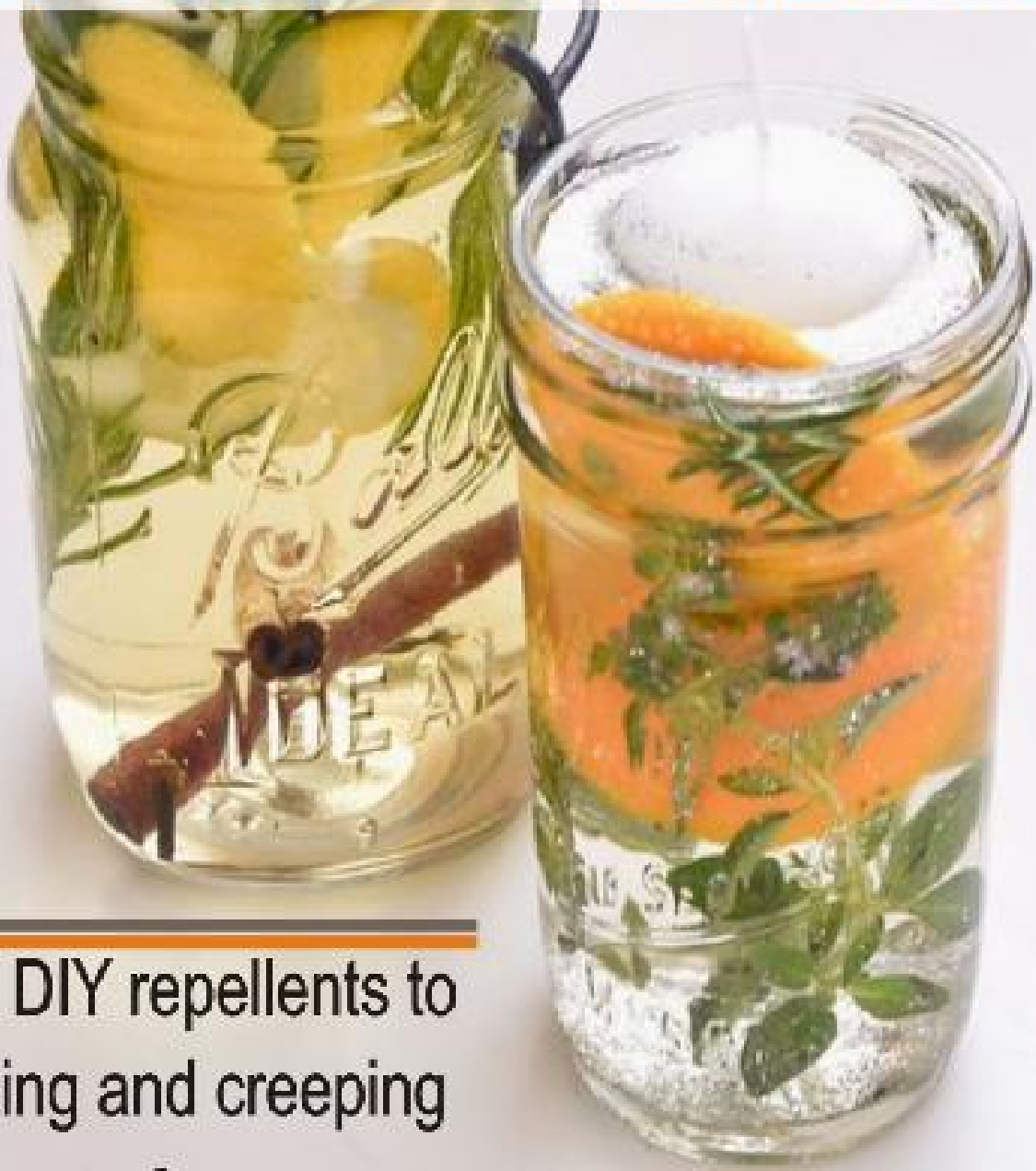
# HOMEMADE

## INSECT REPELLENTS



Organic DIY repellents to keep biting and creeping insects away from you

Kathy Brown

# Homemade Insect Repellents

*ORGANIC DIY REPELLENTS TO KEEP BITING AND CREEPING INSECTS AWAY FROM YOU*

*KATHY BROWN*

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Organic DIY Repellents to Keep Biting and Creeping Insects Away From You

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Book(s) By Kathy Brown

# INTRODUCTION

Yay, summer is back! I love summer and enjoy seeing the vibrant green grass, flowers, garden plants and trees springing forth. Unfortunately along with the happiness of summer come the annoyances, like bugs, ticks and insect bites.

It’s nearly impossible to stay outside during warm weather, especially in the evenings, without some form of insect repellent. It’s just plain miserable when you stay outdoors without some protecting yourself from invading insects.

There are several ways you can repel these insects and treat their bites but majority are chemical in nature. Many of these insect repellents contain questionable ingredients.

Thankfully, I’ve compiled natural options that really work and are ridiculously easy!

If you’re interested in creating your own insect repellent, then I’m going to show you how to make the simplest homemade insect repellents you’ll ever make that work well without the worry.

# Insect repelling candle Recipes

Recipe #1

Ingredients

- 8oz beeswax
- 20 drops rosemary essential oil
- 20 drops geranium essential oil
- 20 drops lavender essential oil
- Preassembled tea light wicks
- 6 small tin containers

Directions

1. Cut the beeswax into pieces with a knife or cutting device so that it meets faster.
2. Place the wax on the top pan of a double boiler filled with water and heat until the wax melts.
3. Add drops of each essential oil to the melted wax and incorporate with a wooden stirring spoon.
4. Carefully pour the hot scented wax into the tin containers until almost full.
5. Allow the wax cool a bit until a skin starts to form. Put a pre-assembled tea-light wick at the center of each mold. The wax will smooth out around the wick as it solidifies.
6. Pre-assembled wicks usually come coated in wax. If yours aren’t, then you’ll need to prime them by dipping them in melted wax. Doing this ensures a longer burn time.
7. Leave the wax to harden, then cut the wick to a height of 1/4 inch. Each tea light will burn for four to six hours. Use to dispel insect from your home.

Recipe #2

Ingredients

- 8oz soy wax or paraffin wax
- 6oz gel wax
- 20 drops rosemary essential oil
- 20 drops lavender essential oil
- 20 drops lemongrass essential oil
- 4-6 (2oz) glass containers
- An appropriate wick

Directions

1. Melt the soy wax and the gel wax in separate pans. Keep an eye on the wax as it melts quickly.
2. While the wax is melting, set the wicks into the containers using a wick sticker or hot glue.
3. When the wax is completely melted, stir in equal amounts of the essential oils into the two pans and mix well.
4. Add candle colorants in whatever shades you like your candle to have eg pink and wine.
5. Pour about 1/2 inch of the soy wax into the prepared containers, avoiding drips down the side of the containers.
6. Set aside to cool and allow the wax solidify enough to support the next layer and not melt.
7. When the first soy wax layer has hardened enough, re-heat the gel wax until it's fluid enough. You don't want it to be too hot or else it will melt the first layer.
8. Pour a thin 1/4 inch of the gel wax on top of the first layer.
9. When the gel wax layer cools (it takes less time than the first layer) re-heat the soy wax and pour it over the gel wax layer.
10. Allow it cool and continue alternating the layers till container is almost full.
11. Leave the candles to cool overnight and trim the wicks to about 1/2 inch.
12. Light these candies at your outdoor event to help keep those pesky mosquitoes away!

# Mosquito Repellent Recipes

Recipe #1

Ingredients

- 1 teaspoon castor oil
- 1-1.5 tablespoons water
- 8 drops lemongrass essential oil
- 8 drops rosemary essential oil
- 4 drops geranium essential oil

Directions

1. Add all the ingredients to a 2oz amber spray bottle.
2. Shake very well before use and spray around the house.

Recipe #2

Ingredients:

- 1/2 teaspoon vegetable glycerine
- 14oz witch hazel or vodka
- 20 drops citronella
- 20 drops lavender
- 20 drops eucalyptus
- 20 drops tea tree oil

Directions

1. Combine all of the above ingredients in a 16oz spray bottle.
2. Spray all the mosquitoes away!!!

# Bug Repellent Spray Recipes

Recipe #1:

1. Cut into pieces handfuls of the leaves and steams of rosemary and catmint.
2. Place the shredded pieces into a saucepan and cover with a cup of hot water.
3. Allow to steep for 1 hour. Cool and pour into a 4oz spray bottle.
4. Use the infusion as a repellent spray.

Recipe #2:

1. Combine 1 ounce of jojoba oil with 5 drops of geranium oil and 10 drops each of eucalyptus oil and of cedarwood oil in a 4oz spray bottle.
2. Spread all over your skin but ensure to carry out a patch test first. Avoid the eyes and keep away from children.

Recipe #3:

1. Pound a handful of parsley and combine with 2-3 tablespoons of apple cider vinegar.
2. Apply the mixture to your skin, avoiding the eyes.

Recipe #4:

1. Combine these naturally repelling oils together in a 4oz spray bottle and use gently on your skin: 2 teaspoons castor oil, 5 drops cedar oil, 5 drops cinnamon oil, 5 drops citronella oil, 5 drops clove oil, 5 drops geranium oil, 5 drops lemon eucalyptus

oil, 5 drops lemongrass oil, 5 drops peppermint oil and 5 drops rosemary oil

2. Rub on your skin and avoid the eyes.

# Vodka Mosquito Repellent Recipe

Ingredients

- A handful of basil
- 1.5 cup boiling water
- 1.5 cup vodka

Directions

1. Pour the cup of boiling water over the basil in a bowl.
2. Allow the leaves steep for 2-4 hours.
3. Squeeze the leaves to get as much liquid out as possible.
4. Pour the infusion into a 4oz spray bottle together with the cup of vodka.
5. Shake gently to combine the liquids well.
6. Use by spraying and rubbing the content on your skin.

# All-Around Bug Spray Recipe

Ingredients

- 3oz vodka/distilled water/witch hazel
- 15 drops citronella essential oil
- 10 drops eucalyptus essential oil
- 10 drops catnip essential oil
- 5 drops thyme essential oil
- 3 drops neem oil

Directions

1. Add ingredients to a 4oz spray bottle.
2. Shake gently and use as desired.

# Homemade Bug Repellent Oil

Ingredients

- 2 tablespoons sweet almond oil/jojoba oil
- 12 drops lemongrass oil
- 6 drops eucalyptus oil
- 3 drops citronella oil

Directions

1. Add 2 tablespoons of sweet almond oil/jojoba oil into a 4oz bottle or jar.
2. Slowly add the essential oils and shake well to mix everything together.
3. To use, rub a bit of the oil into your palms and massage into skin before going outdoors.
4. Store out of direct sunlight.

# Really Works Tick Repellent For Dogs

Ingredients

- 2 drops rose geranium oil

Directions

1. Apply a drop behind your ears and another on the inside of your wrist as well.
2. You can also use on your dog by running a drop of the oil in between your dog’s shoulder blades and a drop at the tail base before going out.
3. Go out and enjoy with no tick stopping your fun.

# Natural Bug Repellent Balm

Ingredients

- 1/4 cup + 2 tablespoons beeswax pastilles
- 1/4 cup + 2 tablespoons cocoa butter
- 1/4 cup coconut oil
- 2 tablespoons castor oil
- 15 drops each: citronella, lemongrass, and lemon eucalyptus essential oils
- 5 drops each: peppermint and geranium essential oils

Directions

1. Leaving out the essential oils, add all the ingredients into a saucepan.
2. While stirring, gently melt the contents over very low heat. It’s important to note that the beeswax will be the last to melt.
3. When the beeswax completely melts, remove the pan from heat.
4. Leave to cool before adding the essential oils.
5. After adding the essential oils, pour the mixture into 2oz metal tins or 4oz mason jars.
6. The balm will begin to cool and set quickly because of the cocoa butter.
7. When the balm finally sets, label the containers for easy identification.
8. Use as desired and keep away from sunlight.

# Bugs Be Gone Repellent Recipe

Ingredients

- 2 tablespoons witch hazel
- 2 tablespoons jojoba/almond/olive oil
- 20 drops lemon eucalyptus oil
- 10 drops rosemary oil
- 10 drops cedarwood oil
- 10 drops lavender oil

Directions

1. Combine witch hazel with the remaining ingredients in a 4oz spray bottle.
2. Shake thoroughly.
3. Rub the natural insect repellent onto the skin or clothing, taking caution to avoid the sensitive eye area.
4. Store in a dark bottle, away from heat or sunlight.
5. Keep out of reach of children and do not ingest.

# Natural Homemade Bug Repellent Spray

Ingredients

- 2 tablespoons each: witch hazel and vodka
- 2 tablespoons each: jojoba oil, grapeseed oil, olive oil, almond oil, or neem oil
- 1/2 teaspoon vodka as preservative
- 55 drops lemon eucalyptus essential oil
- 15 drops cedarwood essential oil
- 15 drops lavender essential oil
- 15 drops rosemary essential oil

Directions

1. Add all the ingredients except for the essential oils into a 4oz spray bottle and mix well.
2. Add the essential oils and shake gently to blend well.
3. Shake well before each use.

# Natural Insect Repellent for Outdoor Use

Recipe #1: Oil-based

Ingredients

- 4 drops thyme oil
- 8 drops lemongrass oil
- 4 drops lavender oil
- 4 drops peppermint oil

Directions

1. To use either: add 3 drops of the oil blend to a cotton ball and place near your pillow in the night OR
2. Add 2 drops on a paper or ribbon strip and hang around the cabin, balcony, tent or window.
3. You can also add 3 drops to your body cream or lotion and apply on your skin before your trip

Recipe #2: Water-based

Ingredients

- 8 drops lemongrass oil
- 10 drops rosemary oil
- 15 drops citronella oil
- 1 tablespoon witch hazel
- 5 tablespoons water

Directions

1. Shake the ingredients in a 4oz spray bottle and use on the skin.

# Homemade Bug Bite Relief Stick

Ingredients

- 2 tablespoons beeswax pastilles
- 3 tablespoons organic coconut oil
- 10 drops peppermint essential oil
- 10 drops lavender essential oil
- 4 empty chapstick tubes or small ointment case

Directions

1. Melt the coconut oil and beeswax slowly in a double boiler or in a safe bowl over a small saucepan of water.
2. Allow liquid to cool slightly before mixing in the essential oils.
3. Pour the mixture into the chapstick tubes or ointment case and leave to solidify in an undisturbed area or in the fridge.
4. To use, apply directly to insect bites.

# Another Bug Repellent Recipe

Ingredients

- 30 drops tea tree essential oil
- 10 drops geranium essential oil
- 1 teaspoon vegetable glycerine
- 1/4 teaspoon distilled water

Directions

1. Add the ingredients in a 4oz spray bottle.
2. Shake to mix and apply as needed.

# Lavender Insect Repellent Recipes

Recipe #1: Lavender soap

Ingredients

- A plain liquid castile soap
- 30 drops lavender essential oil

Directions

1. Add the drops of lavender essential oil to the castile soap and combine well.
2. Bath with the soap either daily or before stepping out.
3. Washing your body with this soap will prevent bugs from attacking you.

Recipe #2: Lavender oil based moisturizer I

Ingredients

- 1 tablespoon carrier oil (olive oil/coconut oil/sweet almond oil/apricot kernel oil/avocado oil)
- 1-2 drops lavender essential oil

Directions

1. Add drops of lavender essential oil to the carrier oil you use.
2. Rub and massage into skin or that of your pet.
3. You can increase the amount of drops as you tolerate it.

Recipe #3: Lavender oil based moisturizer II

Ingredients

- 2 tablespoons carrier oil of choice
- 10-25 drops lavender essential oil
- 1 tablespoon aloe vera gel

Directions

1. Combine the ingredients and rub on your skin.
2. You can also place a dab on your pet’s collar to repel ticks.

Recipe #4: Lavender and apple cider vinegar combo

Ingredients

- 25 drops lavender essential oil
- 1/4 cup organic apple cider vinegar

Directions

1. Shake the ingredients together in a 4oz spray bottle.
2. Apply a generous amount to your clothing or skin to keep buys away.
3. You can also place a dab on your pet’s collar to repel ticks.
4. You can dilute with distilled water if the vinegar smell is too strong for you.

Recipe #5: Lavender and water spray I

Ingredients

- 30-40 drops your lavender essential oil
- 1.5oz distilled water

Directions

1. Mix the ingredients by shaking gently in a 4oz spray bottle.
2. Spray on areas that may attract bugs like your patio furniture or bedroom.
3. This spray detracts bugs and gives the home an alluring scent.

Recipe #6: Lavender and water spray II

Ingredients

- 3-4 tablespoons dried lavender
- 3-4 cups distilled water

Directions

1. Add distilled water and dried lavender to a small saucepan and bring to a boil.
2. Allow the mixture to cool, then strain out the remnants.
3. Pour infused liquid into a 4oz spray bottle and use as you desired.
4. Apply the spray on areas you want to repel bugs.
5. Ensure you do not douse clothing or bed covers with the spray.

# Coffee Grounds Mosquito Repellent

Ingredients

- 1-2 cups dry coffee grounds

Directions

1. Spread dry coffee grounds along the foundation of your house.
2. You can place them in small bowls or case and keep on your patio to keep buys away.

# Citrus Rind Insect Repeller

Ingredients

- 5-6 medium-sized oranges or other citrus fruits
- 1-2 cup water
- 4oz spray bottle

Directions

1. Peel off the rind of the oranges with a knife and discard the white flesh or process into juice for your drinking delight.
2. Cut the rinds into pieces and place in a saucepan filled with water.
3. Bring to a boil. Reduce heat and allow to simmer for 5 minutes.
4. Remove saucepan from heat and cover with a lid to allow the rind pieces infuse into the water for 24 hours. This creates an orange oil infusion.
5. Strain the infusion into a clean bowl and pour into a spray bottle.
6. To use, shake well and spritz directly on areas infested by insects.
7. For extra bug killing power: add 6-8 drops of castile soap to 1 cup of the citrus infusion.
8. You can use the rind without turning it into infusion as well to repel mosquito as it contains ***Limonene oil***, a chemical that has a lethal effect on mosquitoes and other insects. Position orange rinds in places occupied by insect and watch them flee.

# Marigold Repellent Spray Recipe

Ingredients

- 1 tightly-packed cup of marigold leaves, stems, and flowers
- 2 cups water

Directions

1. Add the ingredients to a blender or food processor and process till smooth.
2. Pour the puree into a glass jar, cap tightly and leave to for 24-48 hours to make way for the chemicals in the pureed marigold to be drawn out into the liquid.
3. Shake the content once or twice.
4. After the elapsed time, strain out the pulp using a sieve or cheesecloth into a clean container.
5. Squeeze to get as much liquid as possible out of the pulp.
6. Use on yourself, pets and in your home.
7. Store refrigerated. It leaves the house smelling quite nice too.

# Chicken Coop Fly Repellent Recipe

Ingredients

- 1 cup vinegar
- 1 cup water
- 2 tablespoons real vanilla extract
- 40 drops essential oil of choice

Directions

1. Blend all ingredients in a spray 16oz bottle.
2. Shake well, and mist generously in the coop wherever flies gather.
3. You can spray it in areas flies gather in your home too.

# Easy Fly Spray Recipe

Ingredients

- 1 cup quart raw apple cider vinegar
- 20 drops rosemary essential oil
- 20 drops peppermint essential oil
- 2 tablespoons carrier oil
- 1 tablespoon castile soap

Directions

1. Mix ingredients together in a 16oz spray bottle.
2. Give it a good shake before applying on flies.
3. Exercise caution as it smells strong.

# Pest Control Repellent

Ingredients

- 20 drops peppermint essential oil
- 1 teaspoon vegetable glycerine

Directions

1. Add ingredients to a 3oz spray bottle and fill it up with distilled water.
2. Spritz on windows, doorways, patio furniture and areas flies gain access into your home.

# Homemade Crawly Repellent Recipes

Recipe #1: Water-based spray

Ingredients

- 2oz vodka, apple cider vinegar or witch hazel
- 2oz distilled water
- 40 drops Shield Me essential oil synergy (specially prepared for children below age 10, but also good for adults)

Directions

1. Mix essential oils with vodka, apple cider or witch hazel in a 4oz spray bottle first because they do not mix well with water.
2. Shake well then add water and shake gently to incorporate.
3. Spray on clothes or skin before going outside.
4. Store in the fridge when not in use.

Recipe #2: Oil-based spray

Ingredients

- 2oz carrier oil of choice (jojoba, olive, coconut, avocado)
- 35-40 drops Shield Me essential oil synergy

Directions

1. Combine oil and essential oils together in a spray bottle or an oil mister (content is less likely to clog).
2. Store in a cool, dark place when not in use.
3. Spritz on to skin before going outdoors.

# Homemade Citronella Bug Repellent Spray For Pregnant/Nursing Mothers And Kids

Recipe #1: Water-based spray

Ingredients

- 2oz vodka, apple cider vinegar or witch hazel
- 2oz distilled water
- 15 drops citronella essential oil
- 15 drops cedarwood atlas oil
- 10 drops geranium oil

Directions

1. Mix essential oils with vodka, apple cider or witch hazel in a 4oz spray bottle first because they do not mix well with water.
2. Shake well then add water and shake gently to incorporate.
3. Spray on clothes or skin before going outside.
4. Store in the fridge when not in use.

Recipe #2: Oil-based spray

Ingredients

- 2oz carrier oil of choice (jojoba, olive, coconut, avocado)
- 15 drops citronella essential oil
- 15 drops cedarwood atlas oil
- 10 drops geranium bourbon oil

Directions

1. Mix the oils together in a spray bottle, or better yet in an oil mister.

2. Store in a cool, dark place when not in use.
3. Spray directly on skin before going out.

# Homemade Patchouli Bug Spray Recipes

Recipe #1: Water-based spray

Ingredients

- 4 oz apple cider vinegar, witch hazel, or vodka
- 15 drops patchouli essential oil
- 15 drops cedarwood atlas oil
- 10 drops geranium bourbon oil

Directions

1. Mix essential oils with vodka, apple cider or witch hazel in a 4oz spray bottle first because they do not mix well with water.
2. Add a small amount castile soap if desired and allow the liquid sit for a few minutes to disperse the essential oils in the liquid before giving the mixture a shake.
3. Shake gently to incorporate.
4. Spray on clothes or skin before going outside.
5. Store in the fridge when not in use.

Recipe #2: Oil-based spray

Ingredients

- 2oz carrier oil of choice (jojoba, olive, coconut, avocado)
- 13 drops patchouli essential oil
- 13 drops geranium bourbon essential oil
- 13 drops cedarwood atlas oil

Directions

1. Mix the oils together in a spray bottle, or better yet in an oil mister.
2. Store in a cool, dark place when not in use.
3. Spray directly on skin before going out.

# Natural Insect repellents To Use

Did you know that there are many natural ingredients to use to repel insects away from yourself, family and home? Since these ingredients are natural, you can be rest assured you are out of harm's way and incorporating healthy remedies in fighting insects.

**GARLIC**

One effective natural repellent you need to try out is garlic. Garlic contains powerful compounds that insects can't stand. To use, cut a clove of garlic and rub over your skin. This should wade off mosquitoes and other flies.

Another way to enjoy the benefits of garlic is to take a garlic supplement, which are usually odor-free. You can also eat foods prepared with garlic as well.

**LEMONGRASS**

Another anti-mosquito herb to try is lemongrass. Luckily, it has a more pleasant scent than garlic. To use, simply cut off a stalk, peel the outer leaves and rub the moist pulp over your skin. You can cook with it as well.

**BASIL**

Basil contains mosquito repelling compounds. Try planting them on your patio or in your garden to ward off mosquitoes.

**CATNIP and THYME**

Catnip is an excellent handy mosquito deterrent. It contains nepetalactone, a powerful compound that mosquitoes can’t stand. By cultivating catnip around your backyard and patio, you are warding off mosquitoes.

Thyme is also a great mosquito repellent. You can even rub the leaves on your skin to keep mosquitoes away.

## MARIGOLDS and MUMS

Marigolds have a scent that ward off most bugs. Try planting them on your patio or in your garden and keep insects away from your home. They are also good for keeping rabbits away in the garden

Mums are great for repelling mosquitoes. Plant them in your home for a mosquito free living.

## CITRONELLA

Mosquitoes hate citronella! It’s for this reason citronella candles are commonly used. It is a basic repellent for mosquitoes. If you don’t have the candles, try applying the oil on your skin or better yet, cultivate the plant to keep mosquitoes off.

## ROSEMARY

Cultivate rosemary in your home to repel mosquitoes. If you want to repel mosquitoes in another way, try throwing a few rosemary sprigs on your charcoal while grilling.

# Home Care for Bug Bites

Incase you or anyone in your family is bitten by bugs, you can carry out any of the following to relieve the pain and hasten healing

**Honey:** Rub some honey over the itchy bites. Honey contains natural anti-bacterial and anti-inflammatory properties provided you use organic raw honey.

**Mud Paste:** This is age-long remedy. Make a paste of mud and rub onto affected skin. That should ease the bite pain.

**Ice Packs:** After treating the bite, apply a cloth-wrapped ice pack to relieve any remaining swelling or burning.

**Lavender and Tea Tree Oils:** Wash the affected skin area with warm water, then carefully wipe with lavender and tea tree oil. The oils will help the swelling go down and disinfect the area. You can dilute the oils with a little water if you desire.

**Baking Soda Paste:** To calm the burns and stings of bees, make a paste of baking soda and water and apply to the affected area. It will help reduce the swelling and stop the stinging. This is also effective for other insect bites as well and a frugal alternative to store-bought remedies. Caution - do not use on open wounds.

# Additional Tips and Warnings

1. To be on the safer side, put on gloves and safety googles when preparing some of the recipes like citrus rind insect repellent.
2. Pregnant or nursing women should consult a health practitioner before using essential oils.
3. Extreme caution should be taken when applying essential oils on young children.
4. Ingredients with essential oils should be kept in glass spray bottle as they can leach chemicals if kept in plastics.
5. Always carry out a patch test to check for any allergy before using essential oil for the first time.
6. Always label homemade products well for easy identification and keep out of reach of children.
7. Dark-colored bottles are ideal for products containing essential oils. Store them in a cool, dark place when not in use
8. Finally, you can tweak the recipes to your liking.

# Book(s) By Kathy Brown

Dry Herbs At Home: Simple and Easy DIY Home Guide